

Living the Lifestyle

McMinnville Senior Center Newsletter

June 2016



A HEALTHY YOU

Active aging embodies the philosophy that individuals can live as fully as possible within the seven dimensions of wellness. The wellness dimensions overlap and coordinate to provide rich environments for living. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life.

7 Dimensions Of Wellness



SOCIAL

Social interactions with family, friends, neighbors and chosen peer groups can be valuable for maintaining health. Personal contact by joining clubs, traveling, visiting friends and family, and engaging in intergenerational experiences.

ENVIRONMENTAL

Surrounded by natural and man-made environments, good stewardship means respecting resources by choosing “green” processes that re-use and recycle goods. It also means looking at ways to bring people into the natural environment and encourage active living through urban and property designs emphasizing walking paths, meditation and vegetable gardens and similar options.

EMOTIONAL

Feelings are the lens through which people view the world, and the ability to be aware of and direct one’s feelings helps to create balance in life. Coping with challenges and behaving in trustworthy and respectful ways signal emotional wellness, attributes that can be encouraged through peer counseling, stress management, humor/ laughter and personal histories.

INTELLECTUAL, COGNITIVE

Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested. There are many ways to stay intellectually active, including taking instructional courses, journaling, painting and challenging oneself with games and puzzles.

PHYSICAL

Lifestyle choices that can maintain or improve health and functional ability include engaging in physical activity, choosing healthy foods with adequate nutrition, getting adequate sleep, managing stress, limiting alcohol intake, not smoking, making appointments for check-ups and following medical recommendations.

PROFESSIONAL, VOCATIONAL

Work that utilizes a person’s skills while providing personal satisfaction is valuable for society as well as the individual. Participating in the paid and unpaid workforce means maintaining or improving skills, and helping others.

SPIRITUAL

Living with meaning and purpose in life, guided by personal values, is key to feelings of well-being and connection to the larger world. Group and individual faith-based activities, personal meditation, mindful exercise (yoga, tai chi) and experiencing nature can create the opportunity for spiritual growth.

International Council on Active Aging



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ONGOING WEEKLY PROGRAMS						
	9a-9p Wortman Park Art Gallery 9a-9p Library 9a-9p Billiards 9a-11a Wood Carving 9a Acupuncture 9:30a Coffee Hour 10a Cranks Biking Group 10:15a Yoga Level 2 11:30a Fun & Fit Noon Lunch 1p Int. Bridge 1p Pinochle 2p-3:30p Grief Support 5:30p Cribbage 5:30p Crazy Rummy	9a-4p Wortman Park Art Gallery 9a-4p Library 9a-1p Billiards 9a PiYo 9:30a Coffee Hour 10a Easy Riders Biking Group 10:15a Yoga Level 1 11a-1p Wortman Park Café 1p Poker 1p Senior Quilters 1p Caregiver Resources	9a-4p Wortman Park Art Gallery 9a-4p Library 9a-4p Billiards 9:30a Coffee Hour 10:15a Yoga Level 3 11:30a Yoga Level 1-2 Noon Lunch 1p Cribbage 1p Mexican Train 1p Crafting	9a-9p Wortman Park Art Gallery 9a-9p Library 9a-9p Billiards 9:30a Coffee Hour 10a Outdoor Strength & Movement 10a Gourd Patch 10:30a Dimes & Dobbers Bingo 11a-1p Wortman Park Café 1p Bridge 1:30p Bingo 6p Pinochle	9a-1p Wortman Park Art Gallery 9a-1p Library 9a-1p Billiards 9:30a China Painting Noon Lunch	

Su	Mon	Tue	Wed	Thu	Fri	Sat
MONTHLY PROGRAMS & OPPORTUNITIES						
			1 11a Hearing Screenings & Hearing Aid Checks Noon Lunch	2 <i>Book Sale</i> 8:30a Birding Class 10a Gourd Patch Begins 11a-1p Wortman Park Café 1p Parkinson's Support 5:30p Strength & Conditioning Class Begins	3 <i>Book Sale</i> <u>Day Trip: Sweeney Todd</u> 10a Zumba Gold Class Begins 10:30a Alzheimer's Café Music Therapy & Creative Story Telling Noon Lunch	4
5	6 <i>Book Sale</i> 9a Reiki Noon Lunch 1:30p Foot Care Clinic	7 <i>Book Sale</i> 9a AARP Smart Driver Class 11a-1p Wortman Park Café	8 <i>Book Sale</i> 9a AARP Smart Driver Class Noon Lunch	9 11a-1p Wortman Park Café 5:30p Intro To Disc Golf Class	10 Noon Lunch	11 <u>Day Trip:</u> <u>Cannon</u> <u>Beach</u> <u>Sandcastle</u> <u>Contest</u>
12	13 Noon Lunch 2p The Longest Journey	14 11a-1p Wortman Park Café 2p Easy Watercolor Class	15 9a Attorney Consultation Noon Lunch	16 9a Gentle Movement Class Begins 11a-1p Wortman Park Café	17 10:30a Alzheimer's Café: Music Therapy & Creative Story Telling Noon Lunch	18 Tangleboxing Begins
19	20 9a Hypnosis & Guided Imagery Noon Lunch 1:30p Foot Care Clinic	21 10a Basic Beading - Peyote Stitch Class Begins 11a-1p Wortman Park Café	22 10a Continuing Tai Chi Chuan Class Begins 11:15a Introductory Tai Chi Class Begins Noon Lunch	23 11a-1p Wortman Park Café Ukulele Beginner Class Begins	24 Noon Lunch	25 2p FMSC Ice Cream Social
26	27 9a Better Bones & Balance AM Class Begins Noon Lunch 12:45pm Better Bones & Balance PM Class Begins	28 11a-1p Wortman Park Cafe 1p What Happens After The Paychecks Stop? Discussion	29 9a Attorney Consultation 10a Disaster Preparedness Class 10a Fused Glass Bowl Class Noon Lunch	30 11a-1p Wortman Park Cafe		

Classes & Programs

OUTDOOR

Birding

Register by May 31 Instructor: Paul Sullivan \$2 Thu Jun 2 8:30a

Intro To Disc Golf

Register by Jun 5 Instructor: Steve Singleton \$5 Thu Jun 9 5:30-7p



PERSONAL GROWTH

What Happens After The Paychecks Stop?

Instructor: Kevin Gebhart \$2 Tue June 28 1pm

AARP Smart Driver Course

\$15 member of AARP \$20 non-member of AARP Tue & Wed June 7-8 9a-Noon

Ukulele For Beginners

Register by Jun 20 Instructor: Perrin Xthona \$30 Thu Jun 20 7-8p

Disaster Preparedness

Instructor: Matt Goodwin \$5 Wed Jun 29 10a



HEALTH & FITNESS

Continuing Tai Chi Chuan

Instructor: Nancy Arner Hulett \$104 Wed Jun 22-Aug 10 10-11:15a

Introductory Tai Chi

Instructor: Nancy Arner Hulett \$104 Wed Jun 22-Aug 10 11:15a-12:30p

Better Bones & Balance

Instructor: Annette Clark, AC Well & Fitness \$40 Mon & Wed Jun 27-Jul 27
Morning Class: 9-10a Afternoon Class: 12:45-1:45p (NO CLASS JUL 4, 6)

Strength & Conditioning

Register by May 26 Instructor: Bill Wilson, Common Sense Fitness \$55 Thu Jun 2-30 5:30-6:30p

Zumba Gold

Register by Jun 1 Instructor: Megan Ciolli \$24 Fri Jun 3-24 10-11a

Gentle Movement

Register by Jun 14 Instructor: Annette Clark, AC Well & Fitness \$18 Thu Jun 16-30 9-9:45a



ARTS

Easy Watercolor

Register by Jun 13 Instructor: Irilla Swanson \$20 Tue Jun 14 2-4p

Gourd Patch

Instructor: Reetsie Fuller \$3 Every Thu Beginning Jun 2 10a-12:30p

Basic Beading - Peyote Stitch

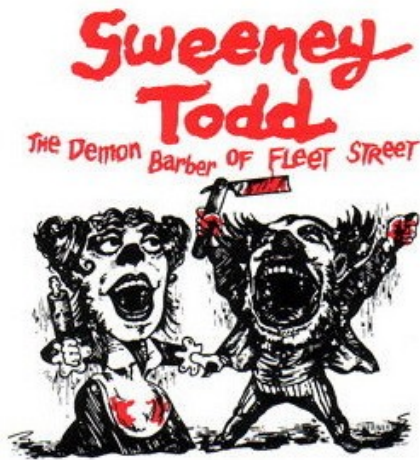
Register by Jun 16 Instructor: Eve DellaValle \$10 Tue Jun 21-28 10a-Noon

Fused Glass Bowl

Register by Jun 23 Instructor: Lynn Tanaka \$25 Wed Jun 29 10a-Noon



Day Trips



Sweeney Todd

Take one unjustly imprisoned barber, now free and hell-bent on revenge. Blend in a diabolically entrepreneurial meat-pie vendor. Add one each of lecherous old judge, handsome young sailor, and beautiful barber's daughter. Marinate with musical sophistication, then bake at a high emotional temperature for two and a half hours and stand back! Dinner prior to the show will be at Rock Bottom Restaurant & Brewery.

Friday June 3 \$99 3:45pm-10:45pm

Cannon Beach Sandcastle Contest

Just another day at the beach? Hardly! Celebrate the 52nd Annual Sandcastle Contest of Cannon Beach with us. The event is one of the oldest sandcastle contests in the United States and the most popular annual event in Cannon Beach. Stroll the shores and witness the dozens of teams put their finishing touches on their masterpieces as they await their fate of medals, ribbons and even cash prizes. This day is self-guided and on your own with plenty of time allotted for lunch, beachcombing and relaxing.

Saturday June 11 \$65 8:30am-4:30pm



Tour de Garden & Dinner

A day especially arranged for garden, plant and flower lovers alike! Stops will be made at Farmington Gardens, Al's Garden Center and Dennis' 7 Dees. The day will be topped off with a fabulous three course dinner at French Prairie Gardens. Beverages during dinner are on your own. Ample time has been allotted for shopping and browsing at each stop

Thursday July 21 \$120 1:00pm-8:30pm



Lion King

Experience the phenomenon. The most eagerly awaited stage production ever will leap onto the stage. Visually stunning, technically astounding and with a musical score like none other you've ever heard. Giraffes strut, birds swoop, gazelles leap. The entire savannah comes to life and as the music soars, Pride Rock slowly emerges from the mist. Marvel at the breathtaking spectacle of animals brought to life by a cast of more than 40 actors. We will stop for dinner after the show at McMenamin's Kennedy School.

Thursday August 11 \$102 11:00am-7:45pm

Meals during day trips are on your own unless otherwise noted. All day trips will depart from and return to the McMinnville Senior Center. For more information or to register call (503)435-0407

Thank you! Please make check payable to: **McMinnville Senior Center** and mail this form and your check to McMinnville Senior Center, **2250 NE McDaniel Lane, McMinnville, OR 97128**

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Subscription Amount: \$ 10 Annually

☐ Send my newsletter by email only

Donation Amount: \$ _____

Thanks for helping us save on postage!

Total Amount Enclosed: \$ _____

FACILITY HOURS

Monday & Thursday 9:00 am - 9:00 pm

Tuesday & Wednesday 9:00 am - 4:00 pm

Friday 9:00 am - 1:00 pm

McMinnville Senior Center
2250 NE McDaniel Lane
McMinnville Or 97128

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